

NUTRITION CARE DIVISION  
FT CARSON MEDDAC – 1

SUNDAY 5 SEP04	MONDAY 6 SEP04	TUESDAY 7 SEP04	WEDNESDAY 8 SEP04	THURSDAY 9 SEP04	FRIDAY 10 SEP04	SATURDAY 11 SEP04
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**BREAKFAST:** Fruit♥, juice, hot/cold cereal♥, toast♥, English Muffins♥, bagels♥, biscuits, assorted pastries, scrambled eggs, boiled eggs, eggs to order, omelets to order, hash browns, pancakes or french toast, cream cheese, peanut butter, jelly, bacon, sausage, cream beef, country fried steak

**LUNCH:**

Soup de Jour Baked Chicken♥ Country Fried Steak Mashed Potatoes♥ Noodles Jefferson Cream Gravy Green Beans♥ Corn Cakes, Pies, & Cookies	California MedleySoup Homestyle 7 Bean Soup Grilled Pork Chop♥ Salisbury Steak Baked Chicken Steamed Rice♥ Glazed Sweet Potatoes Mushroom Gravy Broccoli♥ Fried Cabbage Dinner Rolls Pasta Bar Cakes, Pies, & Cookies Chef Salad	Chicken Noodle Soup Baked Potato Chowder French Dip Sandwich Baked Herbed Chicken♥ Grilled Liver & Onions Steamed Rice♥ Cheese Stuffed Baked Potato Au Jus Gravy Capri Blend Spinach♥ Dinner Rolls♥ Potato & Gyro Bar Hot Wings Cakes, Pies, & Cookies Chicken Caesar Salad	Spicy Black Bean Soup Chicken & Dumpling Soup Baked Fish♥ Fried Catfish Steak Fajitas Chicken Chimichanga Spanish Rice Refried Beans Potato Wedges♥ Seasoned Greens Summer Squash♥ Cornbread Pasta Bar Cakes, Pies, & Cookies Oriental Chicken Salad	Garden Vegetable Soup Chicken Tortilla Soup Roast Turkey♥ Turkey Gravy Lasagna Vegetarian Lasagna Mashed Potatoes♥ Bread Dressing Broccoli♥ Cauliflower Parmesan Hot Rolls♥ Garlic Bread Cranberry Sauce Taco/Nacho Bar Hot Wings Cakes, Pies, & Cookies Greek Salad	Clam Chowder Italian Wedding Soup Steamship Round Au Jus Baked Fish♥ Fried Fish Macaroni & Cheese Rice Pilaf♥ Stewed Tomato Green Beans♥ Cornbread Gyro & Hot Wing Bar Cakes, Pies, & Cookies Chef's Salad	Soup de Jour Baked Chicken♥ Fried Chicken Beef Stew Chicken Gravy Parsley Rice♥ Carrot Coins♥ Rancho Fiesta Blend Veggies Hot Rolls♥ Cakes, Pies, & Cookies
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**LUNCH :** Salad Bar *Weekdays Short Order:* Hamburgers, Cheeseburgers, Hot Dogs, Chili Dogs, Grilled Cheese, Grilled Ham and Cheese, Philly Steak Sandwich, Pizza, BLT, Boca Burgers♥, Grilled Chicken Sandwich♥, French Fries, Assorted Chips, and Bread, Fruit♥, Ice Cream Novelties

*Weekends & Dinner Meal Short Order:* Hamburgers, Cheeseburgers, Grilled Cheese, Grilled Ham and Cheese, Grilled Chicken Sandwich♥ and French Fries

**DINNER:** “MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF MENU ITEMS.”

Soup de Jour Lemon Pepper Chicken♥ Meatloaf Mashed Potatoes♥ Mixed Vegetables Spinach♥ Cakes, Pies, & Cookies	Homestyle 7 Bean Soup Chicken Fajita♥ Spanish Rice♥ Summer Squash♥ Fiesta Corn Cakes, Pies, & Cookies	Chicken Noodle Soup Rigatoni with Meatsauce Roast Turkey♥ Bread Dressing Oven Browned Potatoes♥ Gravy Vegetable Medley♥ Cranberry Sauce Cakes, Pies, & Cookies	Spicy Black Bean Soup Pot Roast♥ Baked Potato♥ Vegetable Gravy Green Beans♥ Cakes, Pies, & Cookies	Garden Vegetable Soup Chicken w/Pasta♥ Carrots♥ Garlic Toast♥ Cakes, Pies, & Cookies	Clam Chowder Cornish Hen♥ Wild Rice♥ Brussel Sprouts♥ Cakes, Pies, & Cookies	Soup de Jour Grilled Pork Chop♥ Mashed Potatoes♥ Zucchini♥ Garlic Toast Cakes, Pies, & Cookies
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<b>HOURS:</b>	<b>BREAKFAST:</b>	Weekdays: 0600-0830	<b>LUNCH:</b>	<i>Weekdays:</i> Full Menu Self Service/ Short Order	1100-1300 1300-1400	<b>DINNER:</b>	Full Menu 1600-1730
MELANIE J. CRAIG, LTC, SP, Chief, Nutrition Care Division							

♥ Denotes Heart Healthy Selection, Heart Healthy Meal includes entrée, starch, vegetable, bread, and fruit, and is less than 500 calories and 17g fat (30% fat)